

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Answer Key: Bento Box Builders: Kindergarten Nutrition Ninjas Quiz

Young learners design a balanced meal by categorizing 10 food items to build energy and strong muscles.

**1. Imagine you are building a 'Sunshine Plate.' To help your muscles grow big and strong after playing tag, which food is the best 'building block' to add?**

**Answer:** A) A hard-boiled egg

Eggs contain protein, which acts like a building block to repair and grow muscles after physical activity.

**2. If you want your body to have 'Long-Lasting Zoom' (energy) to play all afternoon, you should pick \_\_\_ instead of a sugary cookie.**

**Answer:** B) Oatmeal with berries

Oatmeal is a complex carbohydrate that releases energy slowly, giving you power to play for a longer time.

**3. True or False: To make a 'Rainbow Plate,' you must have at least three different colors of vegetables to get different vitamins.**

**Answer:** A) True

Different colored vegetables provide different vitamins and minerals, so eating a variety of colors helps the whole body stay healthy.

**4. You are a 'Bone Architect.' Which drink should you choose to make your teeth and bones as strong as a skyscraper?**

**Answer:** C) A glass of milk

Milk is rich in calcium, which is the primary mineral needed to build and maintain strong bones and teeth.

**5. When you feel thirsty after running, your body is a 'Wilting Plant.' The best way to 'water' your body is to drink \_\_\_.**

**Answer:** B) Plain water

Water is the best way to hydrate the body without adding extra sugar, keeping your brain and muscles working perfectly.

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**6. True or False: Eating a giant pile of only carrots for dinner is a 'Balanced Meal' because carrots are healthy.**

**Answer:** B) False

A balanced meal needs variety, including protein and grains, not just one type of food, even if that food is healthy.

**7. If you want to keep your 'Tummy Engine' running smoothly so you don't get a stomach ache, which 'Fuzzy Friend' food has the most fiber?**

**Answer:** A) A pear with the skin on

Fruits like pears have fiber, especially in the skin, which helps your digestion and keeps your tummy happy.

**8. To create a 'Brain Power' snack, you should pair a sliced apple with \_\_\_ because it has healthy fats for your mind.**

**Answer:** C) Sunflower seed butter

Seeds and seed butters contain healthy fats that help your brain learn and remember things better.

**9. You are at a birthday party. Which choice shows you are a 'Smart Selector' who cares about your heart?**

**Answer:** B) Having a small slice of cake and some strawberries

Being a 'Smart Selector' means enjoying a small treat while also picking nutrient-dense foods like fruit to balance it out.

**10. True or False: Your plate should look like a 'Pizza Pie' where the colorful vegetables take up half of the whole space.**

**Answer:** A) True

According to healthy eating models like MyPlate, half of what we eat should be fruits and vegetables to keep us healthy.